

Rewards of Family Caregiving



Caring for an ill, injured or disabled Veteran can be stressful, but it can also be incredibly rewarding. Need help seeing the positive in the work you do? Check out a few of the many rewards you can receive as a Family Caregiver.

- You might gain a new skill.
 - You might discover some strength and skills you didn't know you had.
 - You may learn to express your concerns and needs more clearly.
 - You might learn to be more organized and planning ahead could come easier.
- You may develop new and lasting friendships.
 - You can accomplish more and feel less alone when you connect with others who are going through the same thing. Remember, you are not alone.
 - Family Caregivers benefit by sharing their concerns, information and solutions with others.
 - Find a Family Caregiver support group. Call VA's Caregiver Support Line, 1-855-260-3247, your local Caregiver Support Coordinator, your local faith establishment or other local groups to learn about support groups in your area.
- You might learn to find joy in small pleasures with the Veteran you care for.
 - Taking the time to get to know more about each other is precious. Take a walk, enjoy a meal or a drive by the beach/park/scenic area of your choice. Sharing this time with one another regularly is important.
 - Life is an adventure – build memories that will last. Find those small treasures in your daily life.



- Caregiving offers you a chance to give back to someone important in your life. Caring for a Veteran can:
 - Heal or renew your relationship.
 - Lift your own spirits.
 - Help family members bond as you share tasks.
 - Be a model for others.
- You can learn about yourself and recognize limits. It's OK to ask others for help.
 - Family, friends, neighbors, volunteers and professional Caregivers can help with caregiving tasks, such as:
 - Dressing, transportation, feeding, medical or personal care.
 - Grocery shopping, housework and meal preparation.
 - Providing you respite or time off.



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- Adult day health care and senior centers can offer daytime respite.
 - Some assisted living and nursing facilities offer short-term overnight stays to give you a break. You're not abandoning the Veteran you care for when you take the time needed to renew your energy.
 - You can learn about staying strong and taking care of yourself, too.
 - Taking care of your needs is an important aspect of caring for a Veteran. Your health is essential to your ability to keep providing for the Veteran you care for.
 - Caring for them means keeping your batteries charged, too.
 - Eat a healthy diet and be sure to get enough sleep, physical activity and emotional support.
 - See your health care provider regularly.
 - Arrange for time away so that you can stay healthy.
 - Caring is an opportunity.
 - To say:
 - Thank you.
 - You mean a lot to me.
 - I love you.
 - I care about you.
 - I am here for you.
 - To help someone as you would want to be helped.
 - To be useful and appreciated.
 - To help maximize the person's independence and dignity.
 - To be there as a caring companion.
- You have the wonderful opportunity to see the Veteran you care for day in and day out. Take time to recognize the little rewards in everything you do. When you do, the Veteran you care for will find the joys, too.

